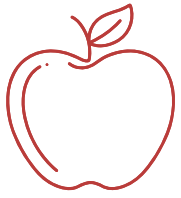
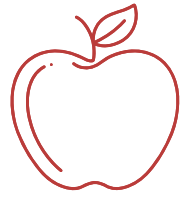


*All About  
Apples*





# French and English sayings around apples



## English sayings

An apple a day keeps the doctor away = A saying used to highlight the importance of eating fruits daily to stay healthy.

The apple never falls far from the tree = A saying used when a person behaves like their parents or has a similar attitude.

The apple of my eye = A saying used to describe someone you care for and cherish deeply.

Apple pie order = A saying used to describe something very neat and well organised.

The big apple = A nickname for New York.

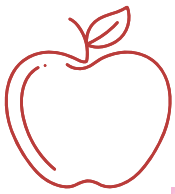


## French sayings

Haut comme trois pommes = As tall as three apples = A saying to describe someone who is very small.

Tomber dans les pommes = To fall in apples = A saying meaning to faint.

Etre bonne pomme = To be a good apple = To be naive or too indulgent.



# The Tarte Tatin



This French dessert pronounced 'tart tah-TAN' is an "upside-down" caramelized apple tart. The apples are beneath the dough instead of on top of it.

The recipe is named after the two elderly spinsters, Caroline and Stéphanie Tatin, who invented it by mistake due to a culinary incident. They had a restaurant and later on a hotel in the Loire Valley, in a small village called La Motte-Beuvron on the banks of the Sologne River 200 km south of Paris.

The legend says that Caroline, the younger sister, was in charge of handling clients while Stéphanie ran the kitchen. One busy day in the 1880s, she was so distracted that she put her tart in the oven the wrong way round; the pastry and apples were upside-down. Very embarrassed and in a rush to serve customers, she flipped the dessert onto a plate without giving it time to cool. It met with great success and the word started to spread through France.

In the 1920s, the famous Parisian food critic, Curnonsky, recommended the tarte from the demoiselles Tatin of la Motte-Beuvron in his French travel guide. In the 1930s it became part of the menu at Maxim's, the Parisian institution. The owner, Louis Vaudable, is said to have stolen the secret recipe from Stéphanie herself after working as a gardener at the hotel.

# Making a French Tarte Tatin with *Charlotte and Burlington*

The upside-down caramelised apple tart is a gorgeous French Autumn desert.

## Ingredients for 8 people and equipment

Tarte tatin mould or round cake tin, 24 cm/9 ½ in diameter and 5 cm/2 in deep  
150g/5 oz best quality puff pastry

### For the filling:

1.8 Kg/4 lb Granny Smith Apples  
(approx. 12 apples)  
60 g/ 2 ¼ oz unsalted butter, diced  
2 pinches of powdered cinnamon  
135 g/4 ¾ oz caster sugar

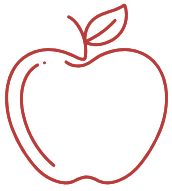
### For the caramel:

75 g/3 oz caster sugar  
30 g/1 ¼ oz unsalted butter

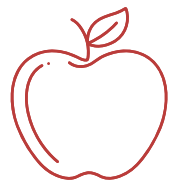
## Method

1. Roll out the puff pastry to about 2-3 mm in thickness. Cut out a circle of 26 cm/10 ½ in diameter, slightly larger than the dish and refrigerate until required.
2. Preheat the oven to 375 F/190 C/Gas 5.
3. Peel all the apples, cut eight in half vertically and scoop out the cores and cut out the remaining four apples into quarters and remove the cores.
4. Put the caster sugar in the tarte tatin mould and place over a medium heat until the sugar turns a dark caramel colour. Turn off the heat and stir in the butter. Cool down for a few minutes.
5. Place the 16 halves of apple upright around the mould and arrange the quarters in the middle. Press the apple halves together so there are no gaps.
6. Dot the apples with the diced butter and mix the cinnamon and sugar together over the apples.
7. Bake the tart in the oven for 25 minutes. Then add the puff pastry on top and cook for a further 30 minutes.
8. Remove from the oven and allow to cool for 30 minutes
9. Turn the tarte out and serve with lots of fresh cream!





# Apple Stamping



This is a great activity regardless of age which can be made more simple or complicated depending on time and your child's patience! We decided to use our apple stamping to make a homemade Autumnal wreath.

Cut an apple in half, use poster paint for best effect. Stamp the apple in the paint first and then cover a piece of card or A4 paper leaving 1 cm between the stamps. We covered two pieces of A4 paper with brown apple stamping and 2 pieces of A4 paper with orange apple stamping.

Once dried take the pages with orange stamps and turn these into pumpkins. Using a black fine liner to create the pumpkin shape and a green felt tip pen for the stalk. Cut these out and move to one side. With the brown sheet of apple stamping we turned these into Burlington Bears which was very simple. We used a black fine liner to add ears, nose, eyebrows, eyes and mouth to create our favourite teddy bear.



Once the bears and pumpkins are cut out you can now create the wreath. Take a paper plate, fold in half and cut a small circle out of the middle.



Simply stick and arrange the bears and the pumpkins around the paper plate being careful to hide the paper plate. If you wish add some ribbon to the back of the plate at the bottom and let it trail down.

You then have a very sweet Autumnal wreath to hang on a bedroom door or in pride of place in the kitchen!

Happy Autumn!

